

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

JANUARY 13, 2012



FRIDAY FACTS

The Navy and Marine Corps Public Health Center Wounded, Ill and Injured (WII) Website Updates

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The NMCPHC has added a new WII Resource Directory on their website. The directory is a supportive guide of fact sheets, web links to other partners/organizations and other valuable military resources. This resource is a “one stop shop” concept that can be utilized by providers wanting to educate their patients on various health promotion topics or it can be used as a quick reference guide linking to other organizations. Sailors, Marines and their family members will find this to be a valuable resource. It can link members to information on veteran services, services provided by the Military Home Front and fact sheets on various topics, to include substance abuse, care giver, case management, suicide prevention, compassion fatigue, family member/children/support system, fitness, stress, nutrition, post traumatic stress disorder, traumatic brain injury and sleep. A listing of military helping organizations is also available. Access to this website is located at: http://www.nmcpHC.med.navy.mil/downloads/wii/resources/WII_Directory_of_Health_BehaviorFactSheets.pdf



In addition, the "No If and/or Butts" book has been updated to serve the specific needs of the WII members. The first version of the book was developed to discuss the stressors of our military population and focus on resources available to help them quit tobacco use. The book has now been updated to reflect the specific needs of the WII population, such as the effects of tobacco use on wound healing, TBI and PTSD. Included in the book are self-help activities and online resources. It is fully downloadable and available on the WII website.

Other Newsletters Available from NMCPHC

Did you know there are other electronic newsletters available from NMCPHC, HP & Wellness Department? You can be added to the distribution of SHARPNews and/or the Blue H News by e-mailing Bob MacDonald at: Michael.r.macdonald@med.navy.mil

USDA Releases SuperTracker!



As we enter the New Year, Americans are looking for ways to meet their New Year's Resolutions. Topping many lists is healthy eating, being active, and managing weight. Introducing SuperTracker...

On 24 December 2011, the USDA Center for Nutrition Policy and Promotion (CNPP) released a new online diet and physical activity planning, assessment, and analysis tool called SuperTracker. SuperTracker is designed to help Americans implement the 2010 Dietary Guidelines for Americans and the 2008 Physical Activity Guidelines for

Americans. With this tool, users can do everything from a quick food look up to in-depth diet and activity tracking and analysis over time and weight management.

The SuperTracker is accessible from the ChooseMyPlate website at: <https://www.choosemyplate.gov/SuperTracker/default.aspx>

Note: SuperTracker will overlap with the existing tools (Tracker, Food Planner) for a period of time to allow users to make the switch. Users are encouraged to move to SuperTracker since the previous tools will eventually be phased out.

